

What is claimed is:

1. A mold, said mold comprising:

- (I) an upper mold segment having an upper surface;
- (II) a lower mold segment having a bottom surface, and
- 5 (III) a moveable core having a top surface, a bottom surface and a centered opening therethrough, said opening having a near end and a distal end;

wherein each mold segment has a confronting flat surface, each mold segment capable of mating with the other mold segment at their respective confronting flat surfaces;

10 there being located in the confronting flat surface of each segment, a concavity, each concavity having an opening centered in said concavity;

the opening in the concavity of the lower mold segment running through the lower mold segment and exiting through the bottom surface of the lower mold segment;

the opening in the concavity of the upper mold segment running through the

15 upper mold segment and exiting through the upper surface of the upper mold segment;

the moveable core having an outside configuration essentially identical to the concavities when the mold segments are mated with each other, the core having integrally attached to the bottom thereof, a stem, said stem being slidably mounted in the opening in the concavity of the lower mold segment and extending beyond the bottom surface of the

20 lower mold segment, said stem having centered therethrough, an opening;

the centered opening in the core having an air valve located in and near the near end thereof, said centered opening in the core and said centered opening in the stem being interconnected to allow the intermittent passage of gas therethrough, there being a space created between the outside configuration of the core and the concavities when the mold

25 segments are mated.

2. A method of molding, the method comprising:

- (I) providing a molding machine containing a mold as claimed in claim 1;
- (II) providing a clamping force on the mold;
- 5 (III) injecting liquid moldable material into the upper mold segment via the upper mold segment opening and allowing the liquid moldable material to fill the space created between the outside configuration of the core and the concavities;
- (IV) allowing the liquid moldable material to become a solid molded product;
- 10 (V) removing the clamping force on the mold and separating the upper mold segment and the lower mold segment and thereafter, moving the core from the lower mold segment; thereafter, injecting gas into the centered opening in the stem, thereby opening the gas valve in the near end of the centered opening in the core, and allowing the solid molded product to be inflated by the injected gas until the solid molded product is released from the core and thereafter, removing the solid molded product from the mold

15 3. A solid molded product when produced by the process of claim 2.

- 20 4. The solid molded product of claim 3 wherein the solid molded product is made from curable silicone materials.
5. The solid molded product of claim 4 wherein the outside surface is textured.
6. The solid molded product of claim 4 wherein the inside surface is textured.
7. The solid molded product of claim 4 wherein both the inside and outside surfaces are
25 textured.